

GOAT SOUP FOR THE SKYRIAN SOUL

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1978. I am on Crete and not liking it at all. Everyone I know has said how much I will like Greece and I don't. I want to get off the island. I look at the map and see Skyros and say to myself - that's your island. I have five days of my holiday left and it takes me over 24 hours to get from Crete to Skyros. As soon as I arrive I feel at home and the feeling has never left me. I only have 36 hours there but I know I will return again and again.

Dina Glouberman, unknown to me, is also on the island preparing to start her Centre the following year. We don't meet till 1986 when I first work as a staff member and don't really become friends till many years later, but I have always had enormous gratitude to her and Yannis for starting the Centre. I have been privileged to see many people's lives change and I have had some of the best times of my life there.

I can't describe what makes the island so special for me and countless others, and I don't want to sound like something out of a tourist brochure so I am not even going to try. I was chatting to Dina and she said how many lives have been changed through Skyros when I had an idea of collecting the stories. We had just heard Jack Canfield share his experiences of collecting his Chicken Soup series of inspirational stories and we joked about a title of Goat Soup for the Skyrian Soul. I don't know how it will work, but I am very interested in the theme of how to create an environment that brings out the love, joy and inspiration that is in us all. Certainly sun, sea and good food help, but the sense of community that quickly develops is, I think, a vital ingredient. Having started my therapy career in a therapeutic community, I knew that the best work is done my staff facilitating a safe, supportive yet challenging environment. It is amazing how quickly this can develop at the Skyros Centre.

The idea of a book is very new and I would be delighted if anyone wanted to send me stories or perhaps dialogue with me about the book. Address: shohet@findhorn.org.